How to adjust the pressure on your RockShox Monarch Plus R

Use this guide to adjust the pressure on your RockShox Monarch Plus R.

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INTRODUCTION

Use this guide to adjust the pressure on your RockShox Monarch Plus R.

Step 1 — Damper pressure





- Remove the lid on top left side of your damper.
- Screw your suspension pump into the designated thread.
- Give your damper a nice pump and some pressure - depending on your weight and your preferences! In our case it was about 20 - 30% on the scale printed on the damper.

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